

## Real Self Esteem Inventory:

Building your young people's self esteem is important, but make sure you are boosting real self-esteem. Use these questions to see how you are doing:

1. I allow young people to resolve disagreements and talk through challenges.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
2. I provide support and communication, but don't solve young people's problems for them or do tasks that they could do themselves.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
3. I acknowledge when something is difficult but encourage young people to persevere and brainstorm solutions.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
4. I try to help young people turn challenge and disappointment into learning opportunities.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
5. I expect young people to contribute to a team by helping out, volunteering, and organizing.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
6. I model that success takes practice and effort.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
7. I give young people honest praise, connected with results, not for half-hearted attempts.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.
8. I let young people feel bad or sad sometimes and try not to rush to fix it right away.  
☐ Never thought of this.      ☐ I try!      ☐ Got this one covered.